

# COUNTRY PANTRY

## I'LL DRINK TO THAT!

Drinking can be good for you! Water that is. In fact, health experts want us to 'drink plenty of water' for good reason. Our bodies are made up of 60 to 70 per cent water and we need to keep it topped up so it can do its job and absorb nutrients from food and transport them around the body, remove waste and regulate body temperature. In fact, without regular top ups, we wouldn't last more than a few days.

Water is also a handy mate when it comes to losing centimetres – you might even find that an extra glass will help stave off the odd food craving or delay the hunger pangs, helping tide you over for longer between meals.



**GOOD FOOD FACT:**

Drink plenty of water.

**GET WATER WISE**

So how much is 'plenty of water'? We've all heard the recommendations to drink eight glasses a day for good health, but remember how much you exercise and even the climate can have an impact on your daily needs.

For example, when the day's a scorcher or if you live in a hotter climate, you will need to up the intake to prevent the body becoming dehydrated. Young people and elderly people are at a greater risk of dehydration when it's hot.

Start thinking like a swapper and consider how you can meet your daily water quota by making some simple swaps when it comes to your standard daily drinks. If you're not currently a water fan, don't worry – there are lots of ways to up your intake and add a bit of variety. Try these swaps for starters:

- Swap a juice or morning cuppa for a glass of water – cold or hot. Use it to toast the new day and make it a daily routine before you do anything else.
- For variety, swap plain water for water with a squeeze of lime or lemon juice for flavour. If fresh citrus fruits aren't available, you can buy a bottle of lemon or lime juice – you'll find it on the shelf in the supermarket near the herbs and spices.
- Swap being too busy to top up your water supply for keeping a bottle of water beside you as your constant companion. You'll be able to refill as you go and monitor how much you are drinking.
- Swap plain for posh and jazz it up! Don't save the best crystal for special occasions – pick a posh glass, fill with ice and water, add a slice of lemon or some mint leaves and top with a straw.



**GOOD FOOD FACT:**

Limit your alcohol intake if you choose to drink.

## WHAT ABOUT ALCOHOL?

When it comes to shrinking your belly, alcohol doesn't do anything for you – apart from adding empty kilojoules, it's also likely to tempt you to stray from your new healthier habits.

If you do drink, drink alcohol in moderation. Stick to the National Health and Medical Research Council's Alcohol Guidelines which recommend that you limit your intake to two drinks a day for men and women. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest option. More information on the Alcohol Guidelines can be found at [www.nhmrc.gov.au/publications/synopses/ds10syn.htm](http://www.nhmrc.gov.au/publications/synopses/ds10syn.htm)



## MAKING WAIST FRIENDLY DRINKS

There is nothing better than a long cool refreshing drink on a hot day or a steaming cuppa when there's a chill in the air. The trick is to know what the better choices are.

- Swap full-fat milk for skim or low-fat milk in your tea and coffee.
- Swap a full-fat milk cappuccino or latte for a skinny cappuccino or latte at your favourite cafe. You can even ask for a skinny milk shake – but go easy on the ice-cream!
- Swap buying on impulse for reading the labels. Watch out for bottled water varieties which can have sugar and juice added to them and steer clear of energy drinks – these are a bit like combining a sugary fizzy drink with all the caffeine from a strong cup of coffee. It's extra energy that won't help you tone up.
- Swap fizzy drinks for plain soda water flavoured with squeezed lemon, lime or orange juice.
- Swap a glass of fruit juice for a piece of fruit and water.
- Swap unnecessary snacking for a cup of tea or a glass of water.

For more tips and information visit the Swap It website: [australia.gov.au/swapit](http://australia.gov.au/swapit)